

The OES Special Education Committee – *We're here to help!*

If you are new to our school and seek additional information about Special Education and wish to establish connections with others; or if you are interested in joining our Special Education Committee, (*all are welcome!*), we encourage you contact our Special Education Liaisons, Andrea Zuppas and Maren Wood at special.education@oaktonpta.net.

FCPS SPECIAL EDUCATION RESOURCES

For information about FCPS Special Education Instruction [CLICK HERE](#).

The Fairfax County Public Schools (FCPS) Parent Resource Center (PRC)

Hours: Monday - Friday, 8am – 4pm

Address: FCPS Parent Resource Center

Dunn Loring Center for Parent Services, Entrance 1

[2334 Gallows Road, Room 105](#)

[Dunn Loring, Virginia 22027](#)

The Fairfax County Public Schools Parent Resource Center provides resources, information, and consultations to support the success of all students. Confidential consultations and a year-long calendar of workshops are normally offered for parents, educators, and community members. The [Parent Resource Center Lending Library](#) contains over 10,000 books, DVDs, and CDs on topics related to parenting and educating all children including those with learning challenges, mental health concerns, special needs and disabilities. Its library is open for pick-up on Wednesdays and Fridays, by appointment only, from 9:30am – 3:30pm; or you may [CLICK HERE](#) to access eBooks. Follow the PRC on [Twitter](#), [Facebook](#) and tune into its [You Tube Channel](#) to see a selection of recorded workshops. Bookmark the [PRC website](#) to stay up-to-date with future workshops and resources. [Staff](#) is available by phone [703.204.3941](tel:703.204.3941) or email prc@fcps.edu. The following is a complete list of April workshops:

Let's Talk About Grief: What To Say And How To Support Children And Adolescents Who Have Lost A Loved One

May 5, 2023, 10:00am – 11:00am

This presentation will provide information and guidance on how to talk about grief & loss with children and teens. Parents, guardians, and other supportive adults are welcome to join to learn about what they can do to support the grieving child in their life.

Webinar Highlights:

- What to expect of a grieving child/teen
- How to navigate conversations about grief & loss Legacy & meaning-making activities to do as a family
- Resources for further support

Presented by Jemma Stratton, a Licensed Clinical Social Worker and pediatric oncology therapist with the Inova Life with Cancer program.

[Register for Let's Talk About Grief: What To Say And How To Support Children And Adolescents Who Have Lost A Loved One](#)

[CLICK HERE](#) to view the individual event page and/or share with others.

Equitable Access to Literacy: The Keys to Literacy Success

Elementary – Thursday, May 11, 2023, 6:30pm – 8:00pm

Secondary – Wednesday, May 17, 2023, 6:30pm – 8:00pm

The Fairfax County Public Schools (FCPS) Equitable Access to Literacy (EAL) Plan outlines the division's continuous improvement efforts to align practices with science-based reading research.

We are excited to share webinars for families to learn about the shifts that FCPS is making to improve literacy instruction.

Webinar Highlights:

- What is the Science of Reading?
- What is the Virginia Literacy Act?
- How is the Equitable Access to Literacy Plan being implemented?
- Why is this so important for my student's reading life?

Presented by Tara Hewan, Carrie Leestma, and Natasha Saunders.

Elementary: [Register for Equitable Access to Literacy: The Keys to Literacy Success](#)

[CLICK HERE](#) to view the individual event page and/or share with others.

Secondary: [Register for Equitable Access to Literacy: The Keys to Literacy Success](#)

[CLICK HERE](#) to view the individual event page and/or share with others.

Portrait of a Graduate: The Keys to Success in Life: A Webinar for Families

May 12, 2023, 10:00am – 11:30am

In this session, families and caregivers will learn about the what, the why, and the how of the FCPS

Portrait of a Graduate (POG) attributes and skills.

Participants will walk away with tangible strategies for supporting their children in owning and growing these transferable 21st-century skills.

- What are Portrait of a Graduate Skills?
- Why are these skills important in school and in life?
- What is a Portrait of a Graduate Presentation of Learning (POG POL)? Why is POG POL an effective measurement tool?
- How can you support at home?

Join Nishi Langhorne, Manager of Learning Innovations, FCPS Instructional Services for this important webinar.

[Register for Portrait of a Graduate: The Keys to Success in Life: A Webinar for Families](#)

[CLICK HERE](#) to view the individual event page and/or share with others.

Meet the Author Series 1-2-3 MAGIC: The Basics: A Webinar For Families

May 19, 2023, 10:00am – 11:00am

Webinar Highlights:

- The counting method The timeout
- Common parenting mistakes
- Tips for encouraging positive behaviors Strengthening your relationship with your child

[Register for 1-2-3 MAGIC: The Basics: A Webinar For Families](#)

to view the individual event page and/or share with others.

[CLICK HERE](#) to view the individual event page if you would like to

SIBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs!
Saturday, May 20, 2023, 9:00am – 12:00pm, at Madison High School

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs to:

- Meet other siblings in a relaxed setting.
- Celebrate the many contributions made by brothers and sisters of children with special needs.
- Share sibling experiences and receive peer support.
- Play games and have fun!

Presented by FCPS School Social Work Services

[Register for SIBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs!](#)

[CLICK HERE](#) to stay informed about future PRC virtual and in person workshops.

Special Education Parent Handbook

The newly updated Special Education Parent Handbook is available online. This manual provides a wealth of information regarding many topics of interest to parents and caregivers of students with disabilities, including Child Find, local screening, evaluations and eligibility for special education and Section 504 services, procedural safeguards/rights, key contacts and resources, and much more. To access the Special Education Parent Handbook **[CLICK HERE](#)**.

The Advisory Committee for Students with Disabilities (ACSD)

The Advisory Committee for Students with Disabilities (ACSD) is a local advisory committee for special education, appointed by each local school board, for the purpose of advising the school board via the division superintendent. The committee meets monthly, and its' purpose is to examine current FCPS practices regarding the communication/dissemination of information to parents related to supports and services provided to students with disabilities; and to make recommendations designed to improve and strengthen the relationship between parents of students with disabilities and FCPS school staff and central office staff. **Next meeting TBA.** **[CLICK HERE](#)** to visit the Advisory Committee for Students with Disabilities website.

Applied Behavior Analysis Program (ABA)

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders. Applied Behavior Analysis is a scientific approach to understanding behavior and refers to a set of principles that focus upon how behaviors change, or are affected by the environment, as well as how learning takes place. **[CLICK HERE](#)** for more about the FCPS ABA Program.

Twice-Exceptional (2e) Handbook

The **[Twice-Exceptional \(2e\) Learners Handbook and Resources](#)** were developed to provide schools and families with insight and guidance associated with the identification, instruction, and social-emotional wellness of students who are gifted and have learning challenges or disabilities. **[CLICK HERE](#)** to access the Twice-Exceptional (2e) Handbook.

LOCAL RESOURCES



The Special Education PTA of Fairfax County

<https://fairfaxcountysepta.org/>

<https://www.facebook.com/FairfaxCountySEPTA/>

Empowering and connecting families, students and educators to ensure students with disabilities develop their full potential as individuals and community members. Parents, professionals and educators of students with special education and disability needs have atypical circumstances, challenges and interests. Often, these special educational needs may not be the focus of programs designed for {predominantly} general education students. A Special Education PTA can supplement the educational experience for disabled students, families and professionals to support academic and social success. In addition, it allows for such parents, students and professionals to: (a) Connect with and support one another; (b) fund, sponsor and provide special trainings, workshops and events unique to special education needs; and (d) understand and navigate the special education system and special education and disability rights under the law. The SEPTA does not take the place of a local school PTA nor any other PTA organization. We encourage all SEPTA members to participate in their local PTAs. Participation in your local PTA(s) will provide general PTA and school-based programming and participation opportunities that our county-wide SEPTA may not.

The following SEPTA-recommended resources are FREE unless otherwise noted. Registration required where indicated:

Research Study on Brain Development in Children with Autism, *up to \$90 for participation.*

George Washington University and George Mason University are seeking children with autism, ages 5-17. Register: Contact Chelsea Armour at aarmour@childrensnational.org or andilab@email.gwu.edu

Fairfax County Community Connect

The special needs of individuals, and information about pets and your residence can be included with emergency contacts. <https://www.communityconnect.io/info/va-fairfax-county>

Fairfax County Emergency Health Profiles

Ongoing medical and behavioral health conditions can be included, along with emergency contact information. <https://www.fairfaxcounty.gov/911/emergency-health-profile>

Mental Health Peer-Run Warm Line – in Spanish

Línea cálida de salud mental dirigida por pares

Este servicio es para personas que buscan recursos de salud mental o para quienes se preocupan por ellos.

[Llama o envía un mensaje de texto 1.866.400.MHAV \(6428\)](tel:1866400MHAV)

Two 911 Pre-Notification Programs Are Now Available

Both allow prior registration so that first responders will be aware of the special needs of individuals at the scene:

Fairfax County Emergency Health Profiles

Ongoing medical and behavioral health conditions can be included, along with emergency contact information. <https://www.fairfaxcounty.gov/911/emergency-health-profile>

Fairfax County Community Connect

The special needs of individuals, and information about pets and your residence can be included with emergency contacts. <https://www.communityconnect.io/info/va-fairfax-county>

New Mental Health Services for Youth Available, \$ varies

Short-term, solution-focused treatment (8-10 sessions) and care coordination with peer support now available for follow-up care. Contact: <https://www.jssa.org/healthymindsfairfax/>

Special Education Complaint Toolkit – by PEATC

Detailed information on why, when, and how to file a complaint is included along with interactive forms. Read before the need! Access: <https://peatc.org/wp-content/uploads/2023/01/Complaint-Toolkit-Interactive.pdf>

Special Education Mediation Toolkit – New Resource

Learn why, when, and how to pursue mediation to resolve a disagreement with your school division. Includes preparation forms.

Access: <https://peatc.org/wp-content/uploads/2023/02/Mediation-Toolkit.pdf>

Commonwealth Autism Conference: Navigating the Autism Journey, \$95-\$350, some scholarships Tuesday and Wednesday, May 2 & 3, 2023, Richmond

This conference will include keynotes, multiple breakout sessions, and an exhibit hall.

Register: <https://www.cahumanservices.org/resources/annual-autism-conference/>

Collaborative & Proactive Solutions, \$119-\$199, with replay link

Thursday & Friday May 4 & 5, 2023, 9:45am – 5:15 pm

Gain an overview of the CPS model including the use of assessments and problem solving.

Register: <https://www.eventbrite.com/e/collaborative-and-proactive-solutions-2-day-virtual-training-registration-477634978077?aff=erelpanelorg>

From Referral to Eligibility: A Deeper Dive

Wednesday, May 3, 2023, 6:30pm – 7:45pm

Learn about the initial stages of special education in Virginia.

Register: https://us02web.zoom.us/webinar/register/WN_1v8GFhcCS8iLJK_CJGEJw#/registration

BFRB + ADHD: Helping Your Child with Hair Pulling and Skin Picking, with replay link

Thursday, May 4, 2023, 1:00pm

Learn about diagnosis and treatment for body-focused repetitive behaviors such as hair pulling and skin picking. Register: <https://www.additudemag.com/webinar/trichotillomania-hair-pulling-skin-picking-bfrb-adhd-children/>

May Is for Mental Health, with replay link

Friday, May 5, 2023, 10:00am – 11:30am

Learn about common mental health problems, typical diagnoses, warning signs, and resources to support mental health.

Register: https://us06web.zoom.us/webinar/register/WN_hyb31MmPSyGWrdet61uNkQ#/registration

Positive Parenting Class, in Spanish

Clase de Paternidad Positiva, para padres de niños de 0 a 6 años

Sábado, 6 de Mayo, 9:00am – 3:00pm, 13505 Hillendale Drive, Woodbridge

Se siente preocupado por el comportamiento de su hijo? Padres aprenderán técnicas positivas de como lidiar con comportamientos difíciles, y como manejar el estrés.

Registrarse: https://docs.google.com/forms/d/e/1FAIpQLScKX142EnktCeGBXuSpIe4T5kxoN283S86H1OOg_1jj_Vxv7w/viewform

Dads Parenting Group

Mondays, May 8 through August 31, 2023, 6:00pm – 8:30pm

Hone your Father Skills by meeting with other Dads to focus on self-awareness, self-care, parenting skills and relationship skills. Pre-Register: <https://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement>

Social Security: Application Process for SSI and SSDI, in Spanish

Seguro Social: Proceso de Solicitud de SSI y SSDI

Lunes, 8 de Mayo, 12:00pm – 1:00pm

Aprender acerca la elegibilidad para la Seguridad de Ingreso Suplementario (SSI) para adultos con discapacidades y el proceso de solicitud.

Registrarse: https://us06web.zoom.us/webinar/register/WN_V2MCZvlqTlyEyX5tKPk7nO#/registration

Self-care: How to Take Care of Yourself so You Can Take Better Care of Others

Tuesday, May 9, 2023, 7:00pm

Gain ways to practice self-care, potential obstacles, and how to craft a wellness plan to manage stress.

Register: https://us06web.zoom.us/meeting/register/tZAqcu2prDkqHdI5vKrOQhYt_4HJjZD-XaI#/registration

Tech for independent Living: Information Session

Tuesday, May 9, 2023, 12:00pm

Learn about a free service that creates custom apps to help your child with activities of daily living and safety. Register: <https://www.thearcofloudoun.org/event/tech-for-independent-living/>

Anatomy of an IEP

Wednesday, May 10, 2023, 6:30pm – 7:45pm

Learn about the sequence and contents of the separate sections of an Individualized Educational Plan.

Register: https://us02web.zoom.us/webinar/register/WN_1v8GFhcCS8iLJK_CJGEJw#/registration

Early Childhood Academy – for families of young children with disabilities, self-paced course

May 10 through June 23, 2023

Families of children with disabilities ages 0-6, can learn practical ways to support your child's learning.

Register: <https://peatc.org/event/early-childhood-academy-eca-2/>

From Referral to Eligibility, in Spanish

De la Referencia a la Elegibilidad

Miércoles, 10 de mayo, 7:00pm – 8:15 pm

Conozca las etapas iniciales de la educación especial en Virginia.

Register: https://us02web.zoom.us/webinar/register/WN_R9Ym9Uo4QtWT19TmQE4_tg#/registration

Talk. They Hear You

Wednesday, May 10, 2023, 6:30pm – 7:30pm

Gain familiarity with why and how to talk with your children early and often about alcohol and other drugs. Register: bit.ly/TTHY-5-10-23

More Than Sad

Tuesday, May 16, 2023, 7:00pm – 8:30pm

This program teaches caring adults about depression, demystifies treatment, and encourages those in need to seek help. Register: <https://ncacmts05162023.attendease.com>

Measurable IEP Goals

Wednesday, May 17, 2023, 6:30pm – 7:45pm

Learn about the benefits of high expectations, what measurable goals are, and why monitoring progress is so important.

Register: https://us02web.zoom.us/webinar/register/WN_1v8GFhcCS8iLJK_CJGEJw#/registration

Talk. They Hear You – In Spanish

Hablar, Ellos te escuchan

Jueves, 18 Mayo, 11:00am – 12:00pm

Siéntase cómodo con por qué y cómo hablar con sus hijos temprano y con frecuencia sobre el alcohol y otras drogas. Registrarse: bit.ly/TTHY-ES-5-18-23

Talk Saves Lives: An Introduction to Suicide Prevention

Sunday, May 21, 2023, 4:00pm – 5:00pm

Suicide can be prevented. Learn how by recognizing common risk factors and warning signs, and by learning appropriate responses.

Register: <https://ncactsl05212023.attendase.com>

Ins and Outs of IEP Meetings, In Spanish

Dentro y Fuera de las Reuniones del IEP

Miércoles, 24 de Mayo, 7:00pm – 8:15pm

Aprenda a planificar una reunión del IEP, qué esperar durante la reunión, cómo entablar relaciones allí y cómo defender a su hijo.

Registrarse: https://us02web.zoom.us/webinar/register/WN_R9Ym9Uo4QtWT19TmQE4_tg#/registration

Talk. They Hear You

Thursday, May 25, 2023, 1:00pm – 2:00pm

Gain familiarity with why and how to talk with your children early and often about alcohol and other drugs. Register: bit.ly/TTHY-5-25-23

Ins and Outs of IEP Meetings

Wednesday May 31, 2023, 6:30pm – 7:45 pm

Learn what to expect at an IEP meeting, how to prepare for it, and how to work together afterwards to support your student.

Register: https://us02web.zoom.us/webinar/register/WN_1v8GFhcCS8iLJK_CJGEJw#/registration

SEPTA - Recommended Ongoing and On Demand Resources

Accommodations for Recreational Classes and Camps with Fairfax County Parks – Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training. To request accommodations, email gary.logue@fairfaxcounty.gov or call 703.324.8563.

Adapted Recreation for Kids – Fairfax County Parks

Swimming, gymnastics, ice skating, fitness, park explorers.

Information: <https://www.fairfaxcounty.gov/parks/adapted-programs>

Advanced Training in Collaborative & Proactive Solutions, \$149

Participants will learn how to use the ALSUP assessment and how to solve problems collaboratively.

Access: <https://vimeo.com/ondemand/2dayjan22>

The Arc@School Advocacy Curriculum, \$99 for 6 months

Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school. Purchase: <https://thearcatschool.org/advocacy-curriculum/?>

Dyslexia & the IEP – How to Make Sure the IEP Is in Tip-Top Shape, \$200, scholarships available, webinar, available 24/7 Access: <https://www.youtube.com/watch?v=frehRL58UTs>

Gun Violence Prevention Resources

<https://www.fcps.edu/resources/student-safety-and-wellness/gun-violence-prevention-resources>

NAMI Basics

This six-session course is for adults who provide care for youth, (ages 22 and younger), who are experiencing mental health symptoms (including ADHD and ASD).

Register: <https://www.nami.org/Videos/NAMI-Basics-OnDemand>

The Parent Playbook

9 Module Online Course on Autism, from the VCU Autism Center for Excellence & Virginia Autism Council. An introduction on autism spectrum disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services.

Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

Scholarships for Classes with Fairfax County Parks

For a **\$15 registration fee**, children of families that receive public assistance, (i.e., Medicaid, free school lunch, SNAP, TANF), are eligible to take one set of classes per quarter.

Information: <https://www.fairfaxcounty.gov/parks/scholarships>

Wrightslaw Special Education Law and Advocacy Training, \$50-\$90

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>

SEPTA – Recommended Community Support Groups for Parents

Groups listed below are open to newcomers and are free of charge, except where indicated. Diagnoses are not required for participation and confidentiality is respected. Participants are typically provided with the opportunity to share their experiences; and then, in turn, seek guidance and support from group members regarding both community and school resources.

AAC Parent Group – Meets occasionally on Saturdays. Contact: Amanda, amandam@skillbuildersllc.com or 703.941.7757, ext. 316

African American Culturally Focused Virtual Parent Café – Meets Thursdays, 6:00pm-7:30pm. Register at least 24 hours in advance by email at BuildingStrongerFamilies@fairfaxcounty.gov or 703.324.7720.

Alpha Moms – Meets monthly in McLean. Support group for adoptive parents.
Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group – A list-serve, can be accessed at arlepilepsy@googlegroups.com.

Autism Dads – Meets monthly. Contact: George Buzby at 571.419.1257 or gbuzby@aol.com

Autism Society of Northern Virginia Virtual Parents and Caregivers Group – Meets second Wednesday, monthly, 7:00pm-8:00pm, via Zoom at <https://us02web.zoom.us/j/9466001682#success> Meeting ID: 946600168, one tap mobile 301.715.8592

Business Networking Event for Special Needs Parents – Meets alternate Fridays, 9:00am-10:30am, via Zoom. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

Cafés Virtuales Para Padres – Miércoles de 7:00pm-8:30 pm. Registrarse con al menos veinticuatro horas de anticipación: BuildingStrongerFamilies@fairfaxcounty.gov o 703.324.7720

CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday, monthly, 6:30pm. Contact Alyssa at ADHDParentMountVernon@gmail.com or call 303.903.9972.
- **Loudoun County CHADD Parent Support** – Meets third Tuesday, monthly, in Sterling. Contact Bonnie Little at 571.306.2932 or on Facebook [@loudounahdhsupport](https://www.facebook.com/loudounahdhsupport).
- **West Fairfax/Burke CHADD Parent Support Group** – Meets first and third Thursday, monthly, 8:00 pm. Contact Cathy at ocgreulich@aol.com.

D.A.D.S. – Dads Appreciating Down Syndrome – Meets third Tuesday, monthly, from 7:00pm-9:00pm, via Zoom. Contact George Buzby at gbuzby@aol.com or call 703.545.6089

Dr. Dan's Support Group for Parents Raising Challenging Children – Meets Monday, 1:00pm-2:00pm, via Zoom. Register:

<http://survey.constantcontact.com/survey/a07eh2rnzqrk9vdghmb/a0179kbgrhnj1/questions>

El Grupo de Apoyo ASNV Para Padres y Cuidadores en Español –

Se reúne el segundo sábado de cada mes de 1 a 2 pm en ServiceSource, 10467 White Granite Dr. Oakton. Estacione en la parte de atrás. Para obtener más información, envíe un correo electrónico a info@asnv.org

Embark in the DC Metro Parent Support Group –

Meets virtually, alternate Thursdays, 12:00pm – 1:00pm. For parents of children and youth with mental health challenges. Register: <https://www.embarkbh.com/event/dc-metro-virtual-parent-support-group/>

Fairfax Juvenile Court Parent Support Group – For problems including runaway behavior, truancy and serious behavioral problems at home, school, or in the community. Sign up for phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>.

Family F.I.R.S.T. Fridays Autism Support Group – Meets first Friday, monthly, 12:00pm -12:45pm, at Gum Spring Library 24600 Millstream Drive, Stone Ridge, Virginia, 20105. Contact: <https://library.loudoun.gov/GumSpring>

Formed Families Together – Virtual support group meets first Sunday, monthly. In-person support group meets third Wednesday, monthly. Consists of peer support groups for adoptive, kinship, foster caregivers and parents. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Foster the Family Support Group – Meets third Monday, monthly, 6:30pm-8:00pm, in Falls Church. Childcare is provided. Register: <https://www.fosterthefamilydc.org/supportgroups>

Grupo de apoyo para madres: De habla hispana de niños con autismo se reúne mensualmente en línea y está patrocinado por Johns Hopkins Medical Center. Contacto: mariposas.autismo@gmail.com

Grupo de Chat para Padres: Unete a nuestro nuevo Grupo de chat mediante la aplicación de WhatsApp y podras mantenerte al tanto de todo lo que PEATC Latino esta haciendo. <https://bit.ly/2VoU2vw>

Grupo de Educación y Apoyo a Padres – En Española se reúne el cuarto sábado de cada mes, de 10:00am a 11:00am en Zoom en <https://us02web.zoom.us/j/9466001682>, ID de reunión: 946 600 1682

Hablemos Educación Especial – Es un grupo de discusión de padres de habla hispana y de un estudiante autista. Se reúnen virtualmente el primer Miércoles de cada mes de 7:00pm-7:45pm pm. Registrarse: <https://xminds.org/event-4522635>

Heads Up and Talk It Out – Teen and Parent Recovery Groups – Meets Thursday, weekly, 6:00pm-7:00pm. Concurrent virtual groups for teens, (ages 14-17), who are working through emotional, mental health or substance use challenges. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

Infinity ABA Parent Connect – Meets online on the 2nd Thursday monthly, 7:00pm-8:30pm. For families with an child with autism, Guest speakers, discussions, and resources. Register: <https://www.infinityaba.com/events/>

Kinship Café – Meets second Wednesday, monthly, 6:30pm-8:00pm. For those raising children of friends or relatives. Contact: BuildingStrongerFamilies@fairfaxcounty.gov or call 703.324.7720.

Military Families Support Group – Meets first Tuesday, monthly, 7:00pm-8:00pm. For military families with disabled dependents. Access: <https://us02web.zoom.us/j/9466001682#success> OR Email director@asn.v.org for details

NAMI Family Support Group – Meets first and third Wednesdays, monthly, on Zoom. For parents of children living with mental health challenges including ADHD, ASD, etc. <https://zoom.us/j/94509229914>

NAMI: National Alliance on Mental Illness – Meets Sundays, bi-monthly, 7:00pm-8:30pm. Arlington Parent Support Group to build better lives for affected families. Contact Michelle Best at mczero@yahoo.com

NAMI Parent & Caregiver Support Group – Meets fourth Thursday, monthly. Email namicva.org or call 804.285.1749

NOVA Adopt Friends Parent Peer Support Group – Meets third Thursday, monthly, 6:00pm–7:30pm via Zoom. For adoptive parents. <https://us06web.zoom.us/j/5687947368>

OCD Family Support Group – Meets first Monday, monthly, 7:30pm. Contact: ela.mike@verizon.net or call 202.215.5859

Parents of Autistic Children (POAC-NOVA) Parent Support Group – Meets occasional Saturdays. Contact: Brianne Russel-Morris administrator@poac-nova.org

Parent Café (for all Fairfax County parents and guardians) – Meets Monday, weekly, via Zoom in English, 7:45pm-9:15 pm. Meets en Español, Miércoles, 7:00pm–8:30pm. Register at least 24 hours in advance via email at buildingstrongerfamilies@fairfaxcounty.gov or 703.324.7720

Parent Support for Raising Children – Meets on third Monday, monthly, through March 20, 2023, 1:00pm – 2:00pm. This 6-month group will focus on raising a child with a fetal alcohol spectrum disorder (FASD). Register: Email Carey Tompkins, tompkinscounseling@gmail.com your name and a brief explanation of your interest in the group.

People of the Global Majority – Meets virtually, monthly, first Monday, 7:00pm-7:45pm. A discussion group for BIPOC parents of children with autism. Register: <https://xminds.org/event-4534279>

REACH Parent Support Group – Meets monthly to support parents of individuals with developmental disabilities who also have mental health or behavioral issues. Contact: Dr. Pourmand at mojgan.pourmand@eastersealsucp.com

Small Steps Together – Meets virtually, monthly, fourth Monday, 7:00pm-7:45pm. Discussion group for parents of preschool and elementary children with autism. Register: <https://xminds.org/event-4778134>

Virginia Family Network Book Club – Meets monthly to discuss books selected for their value to parents and caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

Virginia Family Network Parent Meetup – Meets first and third Fridays, 8:00pm. For parents/caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

[CLICK HERE](#) and scroll down to view SEPTA's complete list of upcoming events.

ADDITIONAL RESOURCES

The Arc of Northern Virginia

<https://thearcofnova.org>

The Arc of Northern Virginia is a local chapter of the largest non-profit organization supporting thousands of people with intellectual and developmental disabilities (ID/DD) and their families. Our service area includes the cities of Alexandria, Fairfax and Falls Church, as well as Arlington and Fairfax Counties. We are a small, grassroots, 501(c)(3) non-profit organization governed by a local volunteer board of directors. [CLICK HERE](#) to learn more about the Arc of Northern Virginia.

Autism Society of America

www.autism-society.org

The Autism Society of America's goal is to increase public awareness about autism and the day-to-day issues faced by people with autism as well as their families and the professionals with whom they interact. [CLICK HERE](#) to learn more about the Autism Society of America in Northern Virginia.

Autism Speaks, Inc.

www.autismspeaks.org

Autism Speaks, Inc., is the largest autism advocacy organization in the United States. It sponsors autism research and conducts awareness and outreach activities aimed at families, government and the public. [CLICK HERE](#) to learn more about Autism Speaks, Inc., in the National Capital region.

Best Buddies International

www.bestbuddies.org

State Headquarters – 6231 Leesburg Pike, Suite 310, Falls Church, VA 22044, 703.533.9420

Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with Intellectual and developmental disabilities (IDD). This vibrant organization has grown from one original chapter to nearly 2,900 chapters worldwide, positively impacting the lives of over 1.25 million people with and without IDD. Best Buddies programs engage participants in each of the 50 states and in 54 countries around the world. [CLICK HERE](#) to learn more about Best Buddies in the National Capital region.

The Kennedy Krieger Institute

www.kennedykrieger.org

Located in Baltimore, Maryland, Kennedy Krieger Institute is an internationally recognized institution dedicated to improving the lives of children and young adults with pediatric developmental disabilities and disorders of the brain, spinal cord and musculoskeletal system, through patient care, special education, research, and professional training. [CLICK HERE](#) to learn more about the Kennedy Krieger Institute.

The Parent Educational Advocacy Training Center

<https://peatc.org>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life. Our special focus is children with disabilities. We do this by providing services and support for families and professionals; easy-to-understand, research-based information and training; and opportunities for strategic partnerships and advocacy for systemic improvement. [CLICK HERE](#) to learn more about the Parent Educational Advocacy Training Center.